

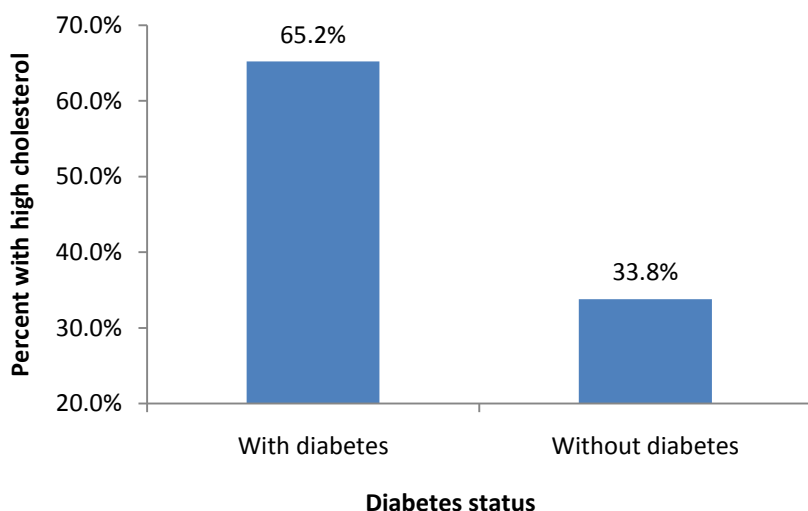
Cholesterol Levels among Persons with Diabetes

Persons with diabetes are at increased risk of complications from cardiovascular disease, such as stroke, angina, and congestive heart failure. Early detection of elevated lipid (cholesterol) levels and appropriate treatment can decrease the risk for cardiovascular complications, as well as for diabetic retinopathy.

American Diabetes Association Recommendation:

- HDL ("good") greater than 60,
 - LDL ("bad") less than 100,
 - Triglycerides less than 150, and
 - Total cholesterol less than 200.
 - LDL over 100, or total cholesterol over 200, is considered high.
- In 2009, 36.7% of all adult Virginians had high cholesterol.
 - In Virginia in 2009, 65.2% of adults with diabetes had high cholesterol, compared to 33.8% of adults without diabetes. Persons with diabetes are nearly twice as likely to have high cholesterol as persons without diabetes.

High cholesterol by diabetes status among adults, Virginia, 2009



Source: Behavioral Risk Factor Surveillance System (BRFSS), 2009.

Data Note: Percents are weighted based on demographic and household characteristics.

Healthy People 2020 Objectives:

HDS-6 Increase the proportion of adults who have had their blood cholesterol checked within the preceding 5 years to 82.1%.

HDS-7 Reduce the proportion of adults with high total blood cholesterol levels to 13.5%.

HDS-8 Reduce the mean total blood cholesterol levels among adults to 177.9.

American Diabetes Association Recommendation: Persons with diabetes should have total cholesterol, Triglycerides, LDL, and HDL counts every year.

Sources: VA BRFSS, 2009.

American Diabetes Association: [All About Cholesterol](#); www.diabetes.org.